



# Rossmoyne Primary School Term 1 2019 Menu

Supplied by Antonios at Rossmoyne Village Shopping Centre  
Phone: 9457 0222

## ONLY AVAILABLE ON WEDNESDAYS, THURSDAYS AND FRIDAYS

Please ensure correct change is given and your child's name and room number are clearly marked on their order.

Orders are to be placed in the red box located outside the ART ROOM by 8.55 am.

Orders after 8.55am need to be taken to the office or Antonios.

No orders are available after 10.30am.

Code	Menu Item	Price
	Cheese & Ham Toasted Sandwich	\$4.00
	Cheese & Onion Toasted Sandwich	\$4.00
	Cheese & Tomato Toasted Sandwich	\$4.00
	Cheese & Beans Toasted Sandwich	\$4.00
	Chicken & Cheese Toasted Sandwich	\$4.00
	Sandwich Pack (includes piece of fruit) - cheese, ham, tuna, chicken, egg, salad or vegemite	\$5.00
	Wraps/ Rolls - cheese, ham, tuna, chicken, egg or salad	\$5.00
	Crunch pack - carrots, celery & dip	\$3.50
	Quiche assortment: cheese & bacon, cheese & tom and spinach & feta	\$3.50
	Vegemite & Cheese Scrolls or Cheese & Ham Scrolls	\$3.50
	Pizza Sub - Vegetarian, Hawaiian, Ham & Cheese or Cheese	\$4.00
	Homemade Pies - Plain, Vegetable or Curry	\$5.00
	Homemade (lg) Sausage Rolls - Meat & Vegetable or Spinach & Ricotta	\$4.00
	<b>SNACKS</b>	
	Popcorn	\$2.00
	Fruit Salad Tub	\$3.50
	Muffin of the Day	\$2.00
	Piece of fruit	\$1.00

Green foods are sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

Amber foods have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).

Red foods lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ). No red foods are included on this menu.

**Please note - Students can only order amber foods a maximum of two times per week.**